WYOMING DEPARTMENT OF HEALTH



Fall 2012

My Daily Dose

Q: What did the green grape say to the purple grape? A: Breathe you idiot, Breathe

It is said that "laughter is the best medicine," but why?



When we are children we giggle uncontrollably and feel good about ourselves. I used to get myself into trouble in school because I would get the giggles and couldn't stop. One of my biggest fears when I graduated from high school was that I wouldn't be able to laugh any more. Sounds stupid, but I really feared that I had to be a "stick in the mud" when I went to college.

We need to quit taking ourselves so seriously and find humor in our situations. When was the last time you "Played", I mean rolling down a grassy hill side, dancing in the rain or having a water fight? Maybe we need to do something foolish once in a while and laugh at ourselves. We need to take an "attitude adjustment."

I think my smart phone is broken. I keep pressing the Home button, but I'm still working.

Laughter is good for us. It reduces stress and gives us a more positive outlook on life and makes us feel more connected to other people. It makes pain and discomfort more tolerable. Having a good laugh at the "water cooler" improves your job performance. Per Psychology Today, laughter reduces blood sugar and increases glucose tolerance. (I)

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My Daily Dose Continued

"You have Cancer," are the most provoking and distressing three words we can hear. Per various researchers, depression has a negative effect on our immune system. Laughter boosts the immune system. (7) Laughter helps us to cope and gives us a hopeful outlook and the feeling that we can beat cancer.

Laughter reduces your blood pressure. Tension leaves, your sleep better and you get more done. Laughter is our protection mechanism against change and uncertainty. Our outlook toward a situation can be a threat or a challenge. Humor allows us to perceive it as a challenge, making it less threatening and more positive. (6) When we are laughing we forget, for a little while, about our Fears, anger, and sadness.

Per Norman Cousins author of Head First: The Biology of Hope and the Healing Power of the Human Spirit; (I) "A simple prescription that won't bankrupt you and could save your life: Thirty minutes of exercise three times a week, and I5 minutes of laughter on a daily basis."

Our bodies cannot tell the difference between a fake and a real laugh. The benefits are the same. (6) Find a friend and just start laughing; pretty soon you both are giggling for no reason at all because laughter is contagious.

A man asks a trainer in the gym: "I want to impress that beautiful girl, which machine can I use?"

The trainer replied; "Use the ATM outside the gym!!!"

Submitted by Vicki Moxley

All Jokes taken from: http://www.ajokeaday.com/ ChisteDelDia.asp#ixzz259ozOoKf

- (I) <u>www.Psychologytoday.com/articles/200504/laughter-thebest-medicine</u>
- (2) www.healingcancernaturally.com/laughter-is-medicine.html
- (3) http://www.happinessandlaughter.com/
- (4) http://www.holisticonline.com
- (5) http://ohioline.osu.edu/hyg-fact/5000/pdf/Laughter_Good_Medicine.pdf
- (6) Stress.about.com/odstresshealth/a/laughter.htm
- (7) http://www.joelosteen.com/HopeForToday/ThoughtsOn/Health/LaughterIsGoodMedicine/Pages/LaughterIsGoodMedic

Real or Not, You Be the Judge

In 1998, researchers discovered stem cells, taken from a viable embryo, could help or maybe even cure illnesses such as Parkinson's and Alzheimer's disease. Soon the world would be hearing about stem cell research, how stem cells are taken from embryonic tissues and the moral arguments that followed. (1)

Jump ahead to 2012 and scientists now report new evidence of a "cancer stem cell" (CSC's) found naturally in brain tumors, early skin and colon cancer. The difference between these cancer stem cells and the embryonic stem cells is that one saves lives while the other is far more insidious. It is believed that cancer stem cells are resistant to standard chemotherapy and radiation and fuel the growth of tumors causing relapse or recurrence.

Dr. Robert Weinberg, biologist at the Whitehead Institute for Biomedical Research in Boston, theorizes that conventional forms of cancer treatment will destroy cancer and non-stem cells, but that cancer stem cells may survive, regenerate and cause recurrence.(2)

Current research indicates that the CSC's are different than other tumor cells in that they can self perpetuate and produce progenitor cells. The progenitor cells repopulate the tumor cells eliminated by cancer treatments such as chemotherapy, radiation and molecularly targeted therapies. The CSC's may even adapt to and resist current cancer treatment.

Even the existence of cancer stem cells is controversial and in what types of cancer they naturally occur. Much of the current studies on CSC's remain in the lab at the animal level (In vivo experiments with mice). Despite the evidence of CSC-like cells in cancers such as colon, brain, prostate, pancreatic and breast, there is still no definitive proof that CSC's exist. The strongest evidence of CSC's would be in a stem cell based cancer such as AML or other hematologic malignancies. Researchers are also looking into CSC tumor markers such as CD133 for brain and colon cancers and CD44 for breast cancer as a predictor of a poor outcome for these patients. (3)

It is believed that cancer stem cells are slow growing and that it takes years for cancer recurrence to evolve. However, if CSC's can be identified at an early stage and eradicated at the onset of therapy, this would revolutionize cancer treatments.

- http://www.thehastingscenter.org/lssues
- 2. http://www.wyomingpublicmedia.org," Lab Findings Support Provocative Theory On Cancer 'Enemy' Within", 8/1/12
- 3. http://www.cancer.gov /ncicancerbulletin , 072710, Special Report, "The Evolving Science of Cancer Stem Cells"

Coming Events

Remember 2012 Data Submission for NPCR and NAACR

NPCR		
Submission Due Dates	Required Years of Diagnosis	Optional Years of Diagnosis
November 1-30, 2012	NPCR reference year- December 31, 2010	January 1-December 31, 2011
January 1-30, 2013	January I-December 31, 2011	

NAACCR	
Submission Due Dates	Required Years of Diagnosis
December 3, 2012	Reference years – 1995-2010

NAACCR Webinars

11/1/2012

Collecting Cancer Data: Uterus

12/6/12

Collecting Cancer Data: Pharynx

1/10/13

Collecting Cancer Data: Bone and Soft Tissue

2/7/13

Collecting Cancer Data: Central Nervous System

3/7/13

Abstracting and Coding Boot Camp: Cancer Case Scenarios



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Happy Holidays and safe journeys for those traveling.



WCSP newsletter is a semi-annual publication of the Wyoming Cancer Surveillance Program (WCSP). This and previous issues are also available online at: http://www.health.wyo.gov/phsd/wcsp/news.html